
Skin Care Tips For Trans Women

I recently spoke with a beautiful woman, who is 74 years old, and looks 50. She shared a few of her “natural, in-expensive” skin care tips.

1. Avoid soaking in your bathtub, or taking long showers—as this destroys the substances that keep skin cells intact. And, avoid bath oils in the bath—as the oil is wasted going down the drain and can make for a slippery tub to fall in. Oils are best applied when you get out of the bath or shower, after you are well rinsed off and gently towel dried.

2. Use a pure plant oil, such as olive oil, after your moisturizer over dry areas. She has used olive oil for over 50 years. I have read about using olive in, in many other beauty books also! I always put lip balm at night to prevent dry lips, which allows day time lipstick to smoothly glide across. And, gloss (or “Chap Stick” during the day, if in guy mode).

3. Lastly, get rid of all the dry, dead skin! We have many layers of skin, and if you have never removed the first layer...you will be shocked at how gray your top layer of skin is. Turn skin cell over with a good AHA or BHA- which can be found in your local drug store. Ask for help. Many men use this, for a healthy, younger look in guy mode. Shaving does help, but you do need additional help to remove the years of buildup of old skin cells and allowing them to be replaced by newer, smoother ones. So, for these beauty tips, visit your grocery store, or drug store, and get your skin ready for summer ~ and for a smoother look while wearing makeup!

Also, don't forget to wear sunblock on your chest and arms for protection, and to avoid the “male shirt-tan” which is difficult to hide ...when wearing a lovely open cut blouse. And, wear a hat and sun-glasses to protect your eyes from getting burned also! Now, I'm off to the beach, with my hair, eyes, and skin protected! After all, I am in Santa Cruz, CA just one mile from the beach!

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